

CSU FOLK DANCE CAMP

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POLONEZ DLA TERESA

Poland

Pronunciation: Pole-on-ehz Dla Ter-es-ah (Polonez for Teresa)

Source: Steps and styling as learnt in 1973-1974-1975 while studying in Poland, from Janusz Chmielewski, Jadwiga Ryrenowiczka, Zbyszek Kwiatkowski, Janina Marcinkowa, Jacek Marek, Zbigniew Pienkowski, Zdzisława Starosielec and Igo Wachowiak, polish dance instructors and choreographers.

Dance arranged by Glenn Weber.

Music: MUZA XL-0181 Side A, band 1 "Witamy Was". Music is in 3/4 time.

Formation: Cpls in a double circle facing LOD. M R, W L hands joined, held straight fwd just below shld level. M L hand flat on waist, fingers fwd. W R hand extended to side at seat level.

Basic Step: Slight dip on R knee extending L ft fwd (ct & of previous meas), Step fwd L (ct 1), Step fwd R (ct 2), Step fwd L (ct 3). Next step starts fwd with R.

MEAS.

PATTERN

1- 8 INTRODUCTION

FIGURE I

- 1- 8 Eight basic steps fwd starting M L, W R.
9-12 Keeping M R, W L hands joined M kneel on R knee while W dance four basic steps CCW around ptr, M watching W.
13-16 Four basic steps fwd.

FIGURE II

- 1- 6 Join M L, W L. Dance six basic steps fwd.
7- 8 Keeping L hands joined M stand in place while W run twelve light steps in front of ptr to M L side.
9-14 Repeat Figure II meas 1-6.
15-16 Repeat Figure II meas 7-8, W running back to M R side.

FIGURE III

- 1- 4 M - stand in place.
W - dance four basic steps weaving in front of ptr (meas 1), weaving in front of next M (meas 2), weaving in front of next M (meas 3), weaving in front of next M (meas 4), ending on the outside of the circle.
5- 8 M - repeat weaving as W in Figure III meas 1-4.
W - stand in place.
9-16 Repeat Figure III meas 1-8.

continued...

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OSU FOLK DANCE CAMP

POLEONEZ DIA TERESA (CONTINUED)

INTERLUDE A

- 1- 4 Dance four basic steps. Switch places with ptr passing R shlds (meas 1) pass R shlds again returning to orig place (meas 2), switch places with ptr again passing R shlds (meas 3), W continue twds center of circle joining hands in one large circle bending slightly from waist, M travel twds center of circle behind ptr and to her R (meas 4).

FIGURE IV

- 1 M - one basic step twd center of circle passing under W joined hands, bending slightly from waist, joining hands in circle.
W - one basic step bkwds away from center of circle raising body and joined arms.
2 M - repeat Figure IV meas 1 as W.
W - repeat Figure IV meas 1 as M.
3-16 Repeat Figure IV meas 1-2 seven times.

INTERLUDE B

- 1- 4 Repeat Interlude A ending M on inside W on outside as at beginning.

FIGURE V

- 1-16 Repeat Figure I meas 1-16.

FIGURE VI

- 1- 6 Repeat Figure II meas 1-6
7- 8 Dance two basic steps fwd.

FIGURE VII

- 1-15 Repeat Figure III meas 1-15.
16 M - step R close L, hands straight down at side, knob head.
W - step L, touch R behind with a slight bend of L.

PRESENTED BY GLENN WEBER